

# EXERCISE EQUIPMENT

## *Fitness*

### **GOOD SNEAKERS**

It's important to take care of your feet during exercise. Find the best quality sneakers you can afford and make sure the fit is right. Melissa's Pick [ON Sneakers](#)



### **YOGA/EXERCISE MAT**

This is our number one pick for simple exercise equipment. You can use it anywhere and the non-slip material helps you get into position. [Gaiam Premium Mat](#)



### **JUMP ROPE**

Ready for a highly effective, take anywhere workout? [Weighted Jump Rope](#)

**FREE WEIGHTS** are a good addition to any fitness routine. Building muscle is just as important as cardio. Keep a set at home so you can work out your arms while watching TV.

[Adjustable Dumbbells](#)



### **FOAM ROLLER**

Athletes have been using foam rollers for decades to release tight muscles. It's an amazing way to target your bodies trigger points. Go slow and follow instructions. It hurts at first but what a difference this practice makes for muscle maintenance.

### **MEDICINE BALL**

One of the most effective tools to tone and strength the body, weighted medicine balls are the perfect way to amp up your workout. An 8-pound ball will work for beginners and pros.



### **RESISTANCE BAND**

Get a good stretch in by using flexible bands. It's the feel of the Pilates stretch without the high cost of Pilates class.

### **MINI TRAMPOLINE**

Recently, a friend mentioned this was the only exercise equipment they have ever needed. Ten minutes a day of jumping or jogging in place keeps your body chemistry in action. And it's lots of fun.